



CITY OF
EVERETT
COUNCIL ON AGING

Golden Times

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90 Chelsea Street
617-394-2323
cityofeverett.com

May 2026

Message From the Mayor:



As we welcome the month of May, it's a wonderful time to enjoy the signs of spring here in Everett. With warmer days and blooming flowers, I hope you find time to get outside, spend time with loved ones, and take part in activities across our community.

I want to extend a special note of appreciation to the seniors who gather at the Connolly Center. Your presence and involvement enrich our city in countless ways.

This month, we take time to celebrate and reflect. On Mother's Day, we honor the mothers, grandmothers, and caregivers who have shaped our families and community. On Memorial Day, we pay tribute to the brave men and women who gave their lives in service to our country.

May is a great time to stay active and engaged. Along with regular programs at the Connolly Center, be sure to check out this month's special events, including a live comedy murder mystery and an Indoor Yard Sale.

As always, reach out to my office if you need assistance. Please know that my administration is always here for you.

Wishing you a happy, healthy, and meaningful May.

The Connolly Center is a safe space for older adults to commune with each other.

May 2026 - Happenings and Events

***To register for classes/programs, unless specifically noted otherwise, please call the COA at 617-544-6028**

May Senior Social

Wednesday, May 13, 2026 11:45 - 3 PM

MENU: Rolls and butter, pasta, garden salad, roast stuffed pork, roasted potatoes, , seasonal Vegetables, ice cream for dessert.

Tickets: \$25 per person, available now through March 6.

Entertainment: Ray Cavicchio

Meals and Reels

Thursday, May 21, 2026, 12:30 PM

Join us for a delicious lunch with a movie to follow. **Lunch:** Sausage, Potatoes, peppers and onion.

Film: Solo Mio, starring Kevin James.

This romantic comedy is set in beautiful Italy. A lost romance , finds new begininngs

Pizza and Presentation

Thursday, May 28, 2026 12:30 PM

The Council on Aging has arranged for the Mystic Valley Eler Service department of nutrition to address the impornce of healthy eating and its benefits to your body. Following the presentation, pizza will be served, Reservations are a must. Please see Cathi

Garden Club

The Connolly Center /CHA

Garden club hosts its first meeting of the season, Friday May 1, 2026

10 AM



***Luncheon for Veterans**

Wednesday, May 27, 2026 12 PM

All veterans and their guests are invited to enjoy a meal prepared by the Council on Aging, connect with the Veterans Services Department and learn about the services and programs available at this luncheon. A reservation must be made by seeing Gerri in the Veterans Office or calling 617-394-2320.

Connolly Center Book Club

Kathleen Slipp from the Everett Public libraries hosts a book club that meets every second and fourth Thursday of the month. Go on an adventure through exciting stories and discuss the tale together!

Bon Voyage Forever

Join us for an exciting , live, comedy, murder mystery set on a cruise ship with the Delvena Theater Company

Tuesday May 19,,2026

at 12:30PM

The Connolly Center

Reservations are a must.

Light Refreshments will be served

Haircuts and Manicures

Haircuts by Maria: The second Tuesday from 10 AM to 12 PM. Appointments booked every half hour. Please wash your hair before arrival. Cost: \$15.00.

Manicures by Dendra: The third Wednesday of each month, 9 AM to 2 PM. Book your appointment with Cathi.

INDOOR YARD SALE

Join us for games Saturday May 9, 2026 9am to 2pm at The Connolly Center, 90 Chelsea Street in Everett. There are over 15 vendors with any unique items, antiques, small furniture, clothing, home decor and more. Feel Free to come and browse the many treasures you may find

Daily Lunch

Monday - Thursday, 11: 30 - 12 PM

Friday, 11 AM

Lunch is served at the Connolly Center Monday through Friday. Please see Joanne or Jess at the Connolly Center for more information. There is a suggested donation of \$2 per person.

Crochet Club

Every Tuesday, 11 AM

Crochet together as a group in this fun and educational class! An instructor is available every first and third Thursday of every month and there are also experts at each class that would be happy to help guide you.

SHINE Counseling

Wednesday, April 1, 11 AM - 2 PM

Don't miss this opportunity to learn about health insurance. A Mystic Valley Elders Services SHINE counselor is available to answer your questions and help you make decisions on the right coverage for you. Please make an appointment with Joanne at the Connolly Center. **** The first Wednesday of each month**



Gift Shop

Monday - Thursday, 9 - 1 PM

Stop by the gift shop at the Connolly Center! From shoes and clothing to cookware and glassware, there's a large variety of items to choose from. Each time you purchase an item from the gift shop, all proceeds will go towards programming at the Connolly Center. It's a win-win! Please consider donating items too!



Edward G. Connolly Center

90 Chelsea St. Everett, MA 02149

Monday, 8 - 4 PM

Tuesday - Thursday, 8 - 5 PM

Friday, 8 - 12 PM

Serving residents every day, this is the hub for senior programming and services for veterans in Everett.

Transportation

SCM Transportation

Need a ride to a medical appointment or the grocery store? The Council on Aging has partnered with Door2Door by SCM to provide rides within Everett and to border communities including Chelsea, Revere, Malden, Medford and Somerville.

Riders may call the reservations department at 617-625-1191 and press 2 for reservations between the hours of 9:00 AM and 1:30 PM, Mondays through Fridays, excluding holidays, two weeks to two business days in advance.

Social rides will be available from 9:00 AM to 4:00 PM on a first-come, first-served basis Mondays through Fridays, excluding holidays. Space is limited. There is a suggested donation of \$2 each way.

TRIP Metro North

In addition to SCM, you can also get where you need to go through Mystic Valley Elder Services' (MVES) TRIP program. If driving and public transportation aren't options for you, call 781-388-4819 to see if you qualify.

This free service also offers money based on mileage to reimburse friends, neighbors and possibly other family members for taking you where you want to go. Ineligible family members include sons, daughters and spouses.

Build a Terrarium

Mayor Robert J. Van Campen and the Council on Aging have arranged for The Massachusetts Horticultural Society to come and teach you how to plant and maintain your own terrarium for you to take home.

Tuesday May 26, 2026 at 12:30PM

Reservations must be made. Space is limited to 20 participants

For more information, call 617-394-2323 or 617-394-2260.

Programming for Spanish Speakers Tuesdays at 1:00PM

Please see Anna in the CHA office

Chair Massage with Miguel

The First and Third Monday of each month. Appointments start at 10am

Cost: \$15.00 for 18 minutes

Make an appointment with Cathi

Senior Citizen Tax Work-Off

The Council on Aging is offering a tax work-off program for Everett homeowners age 60 and up. Eligible participants can work up to 50 hours by Oct. 15, 2026 to receive a \$750 reduction on their property tax bill.

Eligibility:

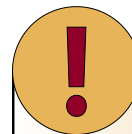
- Age 60+
- Own and live in the property

Positions are filled on a first-come, first-served basis and may include indoor or outdoor tasks. Earnings are federally taxable, and participants will receive a W-2. For more information, please call the Connolly Center at 617-394-2323.

May 2026 - Weekly Classes

Monday	Tuesday	Wednesday	Thursday	Friday
Low Impact Aerobics <i>with Calvin</i> 9:15 AM	Zumba <i>with Miguel</i> 9 AM	Cardio <i>with Irene</i> 9 AM	Yoga <i>with Miguel</i> 9 AM	Cardio <i>with Miguel</i> 9 AM
Yoga Class <i>with Josie</i> 10:15 AM	Tech Support 10 AM	CHA Health Clinic 10 AM	Aging Backwards <i>with Jill</i> 11 AM	Lunch 11 AM
Country Line Dancing <i>with Julie</i> 11 AM	Belly Dance <i>with Sue</i> 10 AM	Dancing <i>with Luis</i> 10:30 AM	Game Day 11 AM	
Lunch 11:30 AM	Blood Pressure Checks <i>with Joanne</i> 10 AM	Portuguese programming 1:30PM	Lunch 11:30 AM	
Bingo 12:30 PM	Crochet Club <i>with Judith</i> 11 AM		Latin Line Dancing <i>with Christine</i> 12 PM	
	Tai Chi 11 AM			
	Lunch 11:30 AM			

The weather is finally getting nicer. Please remember no flip flops, or sandals on the floor while exercising. Please wear the proper footwear



Reminder:

All activities are canceled the second Wednesday of each month for the senior social.

May 2026 Events Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Garden Club 10 AM
4 Massage with Miguel 10 AM	5 Crochet Club 11 AM	6 Shine Counseling 1 AM-2 PM	7 Book Club 12 PM Game Day 12 PM	8 Garden Club 10 AM
11	12 Crochet Club 11 AM Haircuts 10 AM-12 PM	13 Senior Social 11:45 AM	14 Game Day 12 PM	15 Garden Club 10 AM
18 Massage with Miguel 10 AM	19 Crochet Club 11 AM Delvena Theater Presentation 12:30 PM	20	21 Book Club 12 PM Meals and Reels 12:30 PM	22 Garden Club 10 AM
25	26 Crochet Club 11 AM Terrarium Class 12:30 PM	27 Luncheon for Veterans 12 PM	28 Pizza and Presentation 12:30 PM	29 Garden Club 10 AM